

Winona State  
University-  
Rochester  
December 2017

# Graduate Programs in Nursing Update

## A Message from the Director...

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Volume 11 Issue 1

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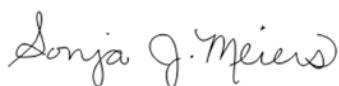
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Last week, we were pleased to “launch” our newest DNP graduates, Drs. Tricia Cowan and Wendy Krull. It is always an honor to be part of these meaningful days, to honor the sacrifices all have made, and to celebrate the possibilities in the next steps of the professional journey. These two graduates have completed practice-changing DNP projects and are poised to continue this good work; yet, it is only the beginning. I am thankful that they will be going forward representing WSU and nursing in the very important work in which they will engage.

At this time of year, I am reminded of the things in all of our lives to be thankful for. As we have all learned (or you will when you enroll in NURS 612 Advanced Health Promotion for Families), the many benefits of gratitude, make gratitude an essential attitude. Acknowledgement and expression of gratitude can be difficult when we are performing so fully, to the top of the scope of possible, to accomplish personal and professional goals. Yes, goal setting is important; it helps us move forward well and with intention. Yet, it is also important (and healthy) to take stock when we have accomplished these goals (e.g., finishing practicum, disseminating the DNP project, defending the thesis proposal, finishing a major course paper, submitting a grant application, turning in grades, publication of a manuscript, etc.) and to celebrate by expressing thanks to all who have helped us along the way. None of us truly accomplish goals without the support of others. Giving thanks is a specific way of “Paying it Forward” because it can strengthen the other and is done freely without obligation. Who knows what can happen when the other is strengthened in her/his day and in life’s mission?

May your academic break be a time of taking pause, celebrating accomplishments with those you love, and giving thanks! I encourage you to be open for letting 2018 be a year of gratitude for what is yet to come, for the surprises, for the adversity that strengthens, and for the new relationships that will inevitably happen. Enjoy the journey!

With gratitude for you,



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Sonja J. Meiers, PhD, RN  
Director and Professor  
Graduate Programs in Nursing  
Winona State University – Rochester

# WSU News

## Minnesota Department of Health Minnesota Health Care Loan Forgiveness Programs

Please note that applications are open for student loan forgiveness for those of you who will be employed as nurse educators, clinical nurse specialists, and nurse practitioners. Nine to \$12,000 per year for up to three years may be forgiven to qualified applicants. **Applications are due January 4, 2018.** Application, an essay (2 pages), resume, and reference letters are needed. See details at the following url:

<http://www.health.state.mn.us/divs/orhpc/funding/loans/index.html>

## Changes in licensure processes at the Minnesota Board of Nursing

The state is implementing new background check processes including federal fingerprint requirements for prelicensure and APRN licensure applicants from the Minnesota Board of Nursing. You will receive information from them after you apply for licensure on the Criminal Background process and the fingerprint locations. There are specific locations for the fingerprints which are no/low cost. If you live outside the Twin City area you may go to your local law enforcement agency for this service. If you have additional questions, please call the Board of Nursing at 612-317-3000 or email them at [nursing.board@state.mn.us](mailto:nursing.board@state.mn.us). You will need to present a government issued photo identification when you have your fingerprints done.

## Kappa Mu Induction 2017

The local chapter of the STTI International Nursing Honor Society invitations are coming out in January. As the Chapter President, Dr. Jane Foote encourages all graduate students who are eligible to join as this is an excellent way to network with others and support your ongoing scholarship. Once you all are done with school, some of you may also have limited access to library services. The STTI organization allows you access to their wonderful Henderson E-library as part of your membership as well as continuing education and conferences.

## April 19, 2018: Day of Celebrations!

As many of you already know, this year is a year of celebrations for the Nursing Department at WSU. Mark your calendars for April 19, beginning at 3:00 we will be hosting a poster Fair for our faculty and student scholars. This year we will flow from the **Poster Fair** in Rochester from **3:00-5:00** to the **Induction for Kappa Mu** from **5:00-7:00**. Our keynote speakers will be a panel of nurses from each of our celebratory markers: the 50th of the BSN program, the 40th of the RN to BS program, the 30th for Graduate nursing and the Kappa Mu Chapter, the 20th for the NP program and the 10-year of DNP education. WOW! There is a great deal to celebrate. Please join us April 19 in Rochester for a day of celebration.

If you are interested in presenting your posters, please email Dr. Jane Foote at [JFoote@winona.edu](mailto:JFoote@winona.edu) and she will add your topic to the list. All are welcome!

## Congratulations!

**Nicole Jensen, RN**, is currently enrolled in the CNS (MS) program and will have her first manuscripts (two articles!) published in the December issue of the *Journal of Radiology Nursing*:

**Jensen, N., & Janssen, M. (2017).** Quality improvement: Staff radiation exposure reduction while maintaining patient safety. *Journal of Radiology Nursing*, 36(4), 1-3. doi.org/10.1016/j.radnu.2017.08.003

Valesano, J., Schmitz, J., **Jensen, N.**, Schultz, G., & Callstrom, M. (2017). Desmoid tumors: A review of their natural history, imaging, and treatment. *Journal of Radiology Nursing*, 36(4), 1-7.  
doi.org/10.1016/j.radnu.2017.09.003

**Amy Roberson, RN, BSN, CMSRN** and WSU-R Adult-Gerontology Clinical Nurse Specialist Master's student received the 2017 MN National Association Clinical Nurse Specialists (NACNS) Poster Award for Best Overall Appearance and Presentation at the 2017 MN NACNS Annual Conference "Growing Stronger Together: Influence of the Clinical Nurse Specialist" for her poster titled "Fill Your Toolbox: Skills and Resources to Promote Change".

**Way-to-go Amy and Nicole!**

## Wendy Krull featured on WSU's Spotlight



“I chose to attend WSU because of their reputation as a robust graduate nursing program that develops and empowers leaders in healthcare,” Krull said. “I also chose WSU because of their mission statement, which says they are ‘committed to the primacy of teaching and learning, the significance of the individual, and the importance of a practice education with a highly personalized approach to graduate study.’” ~ Wendy Krull

To read the entire article “Wendy Krull: Reflecting Army Strong” by Brian Waldbillig, visit  
<https://news.winona.edu/10600/reflecting-army-strong/>

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## Faculty Corner

### Welcome New Faculty - Elizabeth Schossow, APRN, PMHNP-BC

I chose to come to Winona State because of its reputation. I have had the opportunity to work with nurses at all levels that have graduated from Winona State, and they are all highly prepared for clinical work using the most up to date evidenced based practice and are always patient centered - I am excited to be a part of that team! I am a Psychiatric Mental Health Nurse Practitioner certified across the lifespan. I work in community mental health and LOVE it. My interests beyond community mental health is psychopharmacology and have an additional certification as a Master Psychopharmacologist. –Elizabeth Schossow

### A Special Message from Dr. Schnepfer

It is with mixed feelings that I am beginning a phased retirement starting in January 2018. I continue to love the teaching and work with our outstanding graduate students, but I love other things as well. What this means is I will continue to teach for the next 2 years but with a reduced workload. The way I have set this up is to primarily work fall semesters, be off in spring, with the exception of a few virtual meetings, and distance activities. I will be fully retired in January of 2020. I am looking forward to more time with my husband, children, and grandchildren. In addition to travel opportunities, where I can still get out riding my bicycle throughout the year. This is an exciting time for me, but also a bittersweet one. Warm Regards, Lisa Schnepfer

### NURS 612 Hybrid Course - Dr. Paddock

Dr. Paddock recently submitted course NURS 612 – Advanced Health Promotion for Families (hybrid version) to a Quality Matters Review Team. The course has met the Quality Matters review expectations (course must meet each of the 21 essential standards and must receive a minimum of 84/99 points). Sandy Paddock, DNP, APRN, CNP, FNP-BC

### Professional Publication – Dr. Sonja Meiers

Wieland, M.L., Hanza, M.M.M., Weis, J.A., **Meiers, S. J.**, Patten, C. A., Clark, M.M., Sloan, J. A., Novotny, P. J., Njeru, J.W., Abbenyi, A., Levine, J. A., Goodson, M., Porraz Capetillo, G. D., Osman, A., Hared, A., Nigon, J. A. Sia, I. G. Healthy immigrant families: Randomized controlled trial of a family-based nutrition and physical activity intervention. *American Journal of Health Promotion*. Advance online publication. doi:10.1177/0890117117733342

### Professional Publication – Dr. Julie Ponto

Dr. Julie Ponto, Professor and Program Coordinator for the Adult-Gerontology Clinical Nurse Specialist Master's and Doctoral Programs in Nursing, has co-authored a book chapter on cancer care in one of the leading medical-surgical nursing textbooks. The chapter can be found using the following citation: Visovsky, C.G. & **Ponto, J.** (2018). Care of patients with cancer. In D.D. Ignatavicius, M.L. Workman, & C.R. Rebar (Eds.), *Medical-Surgical Nursing: Concepts for Interprofessional Collaborative Care* (9th ed). St. Louis, MO: Elsevier.





“Don’t under estimate the power of using Outlook to keep you organized, focused, and charting your progress. There are so many ways to leverage that tool. For example, actually schedule self-care time, and learn how to use the “task” function in Outlook!”

-Misun Bormann MS, EdD Candidate

“When you’re deep in the struggle and hard work of achieving a goal, keep revisiting your “why”. That can help reinvigorate you to keep investing. And also, if your why doesn’t match up with the goal anymore, it’s okay to pivot and change directions – that isn’t quitting.”

-Jamie Starling, MS, RN

“Grad school survival – schedule time to exercise by placing it on your calendar as if it is a regular class you need to attend or an important appointment you can’t miss (minimum 3-4 times per week).

New role development – find a mentor you trust who is approachable, available, and a good teacher. Be patient and kind to yourself during your transition to a new role.”

-Sandy Paddock, DNP, APRN, CNP, FNP-BC

-If you have Words of Wisdom you would like to share-  
please email [SPersinger15@winona.edu](mailto:SPersinger15@winona.edu)

## Heads Up Students!

### Preparing for Interviews with Jamie Starling, MS, RN

For any students facing the prospect of job interviews, or interviews for any professional opportunity – I’m happy to sit down with you one-on-one and help you prepare for your interview. Interviewing is a passion of mine, and I know it can be nerve-wracking for many! I’ve had success as the interviewee in front of a panel for professional positions. I’ve also had the privilege of working in a leadership role that included hiring a significant number of staff, so I have perspective from both sides of the table. All I need from you ahead of time is your current resume. -Jamie Starling

### Summer Course Offerings

NURS 616 Molecular/Genetics - Summer Session I

NURS 618 Advanced Pathophysiology - Summer Session II

### Graduation Requirements

Add the link to “Milestones in Graduation” document to your web browser tool bar located: <https://www.winona.edu/graduatenuresing/resources.asp>

This document includes all the important steps you must take to ensure forms are submitted for graduation.

## Application to Graduate

There have been questions regarding when to submit Application to Graduate forms. The link to this information can be found at <https://www.winona.edu/graduatenuising/forms.asp>

“Application for graduation must be submitted at least one term prior to graduation. It is the sole responsibility of the student to ensure that all incompletes and program requirements are completed and submitted to the Office of School of Graduate Studies within ten (10) working days following the end of the semester of graduation. Late completion and submission of requirements will result in postponement of graduation to a later semester.”

## Registration Tip

Contact the Graduate Programs in Nursing Office if you have issues with registration. If you cannot find a class, check to see if you are searching under the Rochester or Winona Campus offerings. The default is set to Winona.

## Personal Counseling Available

Personal counseling services are available for WSU-Rochester students. We do have a counselor dedicated to providing services for the Rochester campus through a partnership with the Winona campus. Kateri Johnson is currently on maternity leave until the end of October. In her absence, Kelly Kirby is always available to connect with our students.

If you are a student in need of counseling, please stop at the Student and Campus Services office Student Services (SS) 128 to make an appointment for a confidential phone conversation. During the initial phone call, you and the counselor will discuss the issues and determine the next steps. If needed, the counselor will then schedule an in-person appointment with you in Rochester at a time that fits your schedule. The counselor may also refer you to external mental health care providers in the Rochester community.



“I am grateful for family and friends who support my professional growth.”

Misun Bormann MS, EdD Candidate

“I am thankful for the leader mentors in my life who especially recently have nurtured my growth with perfectly-timed words of wisdom.”

Jamie Starling, MS, RN

“I am thankful for all the veterans who serve our country”

Sandy Paddock, DNP, APRN, CNP, FNP-BC





Since winter weather conditions can vary greatly from community to community, students are encouraged to use discretion when traveling. **The WSU and WSU-R homepages are the official source for information on cancellations and closings.**

In case of a weather emergency, the following radio and television stations in the area will be notified as soon as possible of any cancellations at WSU.

**Radio:**

Winona	Rochester	Red Wing	Twin Cities	La Crosse
KQAL 89.5-FM	KNXR 97.5-FM	KCUE 1250-AM	WCCO 830-AM	WIZM 1410-AM
KAGE 1380-AM	KROC 106.9-FM	KWNG 105.9-FM		WIZM 93.3-FM
KAGE 95.3-FM	KROC 1340-AM			WKBH 100.1-FM
KWNO 1230-AM	KYBA 105.3			WKTY 580-AM
KWNO 99.3-FM	KWWK 96.5-FM			CC 106.3-FM
KHME 101.1-FM	KLCX 103.9			Magic 105 (104.9-FM)
	KWEB 1270-AM			Eagle 102.7-FM
	KRCH 101.7-FM			Classic Rock 100.1-FM
				WLFN 1490-AM

**Television:**

Winona	Rochester	Twin Cities	Eau Claire	La Crosse
HBC Cable 20 and 25	KTTC - 10 KXLT - 47 KAAL - 6	KSTP - 5 WCCO - 4	WEAU - 13	WKBT - 8 WXOW - 19

**WSU-R Facebook:**

<https://www.facebook.com/pages/Winona-State-University-Rochester/169518217578?ref=bookmarks>

**Graduate Programs in Nursing:**

In cases of inclement weather, students and faculty should use their best judgment as to the safety of travel. If a student or faculty member believes travel would be dangerous, they should call (507)285-7473 and report that they will not be able to attend class. The Administrative Assistant will then report the person's absence to appropriate students and/or faculty members via e-mail or phone if possible. **It is important the current phone numbers, addresses and email addresses are on file with the Master's Nursing Program and with the Registrar's Office!**

**Please Note:** Decisions to close **Winona State University – Rochester** is made independent of the Winona campus and in consultation with University Center Rochester partner institutions.

In instances where driving conditions are acceptable at the traveling student's or faculty member's home yet inclement weather or poor driving conditions are suspected in the Rochester area, students and faculty should check the appropriate road condition reports. They should also check the main [WSU Home Page](#). When faculty members cancel classes due to severe weather, the cancellations are noted.

Please visit [www.winona.edu/communications/severeweatherinfo.asp](http://www.winona.edu/communications/severeweatherinfo.asp) for full policy.

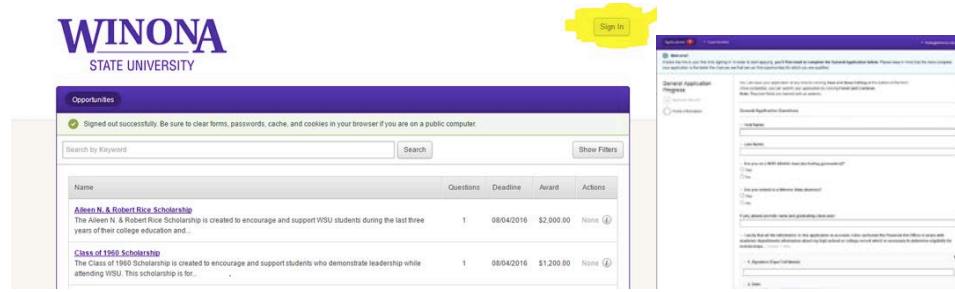
## Apply for Scholarships!

Winona State University Foundation Scholarships has over 900 scholarships to award for the 2018/19 academic year. Log in and see scholarships that you are eligible for using the instructions included below. Applications are now being accepted here: <https://winona.academicworks.com>. The application deadline is **February 1, 2018** at 11:59 p.m.

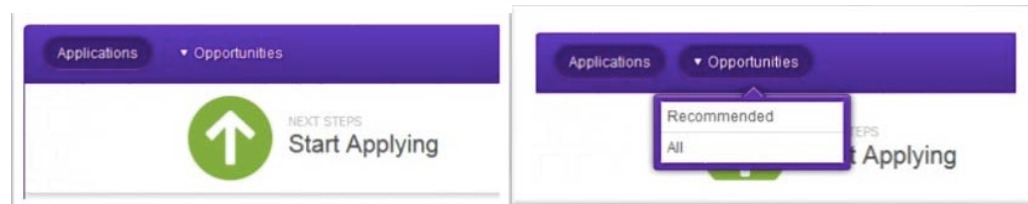
Your username and password are the same as your StarID username and password. If you do not know your username or password, you can recover this information here: <https://starid.minnstate.edu>

## Sign in

Complete the General Application. If this is your first time logging in, it will automatically take you there.



Apply to specific scholarships that you are eligible for



Please contact me with any questions.

**Thank you!**



**Jen Jonsgaard**  
*WSU Foundation  
 Scholarship Coordinator*  
 507.457.5198 Phone  
[jjonsgaard@winona.edu](mailto:jjonsgaard@winona.edu)  
[www.winona.edu/scholarships](http://www.winona.edu/scholarships)



**Happy Holidays  
 from WSU!**



## Faculty Practice

As a group of graduate nursing faculty, we live and breathe the mission of Winona State University as a “community of learners improving our world.” We believe it is important to serve patients, families and our profession with each of our unique gifts and talents.

### Did you know...

- That Dr. Sue Davies practices as a facilitator of the Living Well with Chronic Conditions Program, and evidence-based healthy aging program.
- That Dr. Kimberly Dowat practices as a Certified Nurse Midwife and Complementary Therapies practitioner at Gundersen Health, La Crosse, WI.
- That Dr. Jane Foote practices as a nurse leader as President of the local chapter of the Holistic Nurses Association and the Kappa Mu Chapter of Sigma Theta Tau International.
- That Dr. Diane Forsyth is an active Team Leader as a Site Evaluator for the Commission on Collegiate Nursing Education in accrediting graduate programs in nursing.
- That Amy Harter practices in the community of La Crosse serving individuals with acute and chronic mental health problems and those that struggle with mental health issues related to dementia.
- That Dr. Carole Jenson practices as an AGCNS conducting Department of Transportation Health Assessments and care.
- That Dr. Kimberly Langer practices as an AGACNP at the Mayo Clinic in Hematology/Oncology/Bone Marrow Transplant.
- That Dr. Sonja Meiers practices nurse leadership as the President Elect of the International Family Nursing Association and Conference Planning Co-Chair and member of the WSU Faculty Senate.
- That Dr. Julie Ponto practices as a site evaluator for oncology treatment center accreditation.
- That Dr. Sandra Paddock practices as FNP at Centra Care in St. Cloud, MN in Employee and Occupational Health and Hawthorne Health.
- That Dr. Jenny Prochnow practices nurse leadership as Treasurer of the Minnesota Organization of Leaders in Nursing.
- That Dr. Lisa Schnepfer practices at Neighborhood Family Clinic, Winona, MN.
- That Elizabeth Schossow LOVES practicing in community mental health.
- That Jami Starling practices as a nurse leader as a member of the Faculty Senate at WSU.
- That Dr. David Steele practices in the Emergency Department in a Mayo Health System Hospital in St. James, MN as an FNP, AGACNP, and ENP.
- That Dr. Mieca Valen practices as an FNP in the Mayo Health System and as a Site Evaluator for the Commission on Collegiate Nursing Education in accrediting graduate programs in nursing.
- That Dawn VanRuler practices as a Psychiatric NP in out-patient mental health medication management one day a week.



## Graduate Programs in Nursing Information

### Winona State University — Rochester

Graduate Programs in Nursing Office

859 30<sup>th</sup> Avenue SE

Rochester, MN 55904

Email: [gradnursing@winona.edu](mailto:gradnursing@winona.edu)

Office hours: Monday – Friday

8:00 am – 4:30 pm

Phone: 507-285-7473

Fax: 507-292-5127

**Make sure to check out our website!**

[www.winona.edu/graduatenuing](http://www.winona.edu/graduatenuing)

### Graduate Nursing Faculty and Staff Locations

Faculty / Staff Name	Position	Office Location / Number	Office Phone Number	Email Address
Dr. Sonja J. Meiers	Director, Professor	Coffman (CF) 213	507-536-5671	smeiers@winona.edu
Carolyn Ryno	Administrative Asst.	Coffman (CF) 215	507-529-6117	cryno@winona.edu
Sara Bass	Office & Admin. Asst.	Coffman (CF) 211	507-285-7473	sbass@winona.edu
Misun Bormann	Clinical Site Development & Communication	Coffman (CF) 209	507-535-3978	mbormann@winona.edu
Dr. Sue Davies	Professor	Health Sciences (HS) 024	507-285-7140	sdavies@winona.edu
Dr. Jane Foote	Department Chair, Associate Professor	Health Sciences (HS) 106	507-280-2818	jfoote@winona.edu
Dr. Diane Forsyth	Professor	Coffman (CF) 129	507-280-5036	dforsyth@winona.edu
Amy Harter	Adjunct Faculty	Coffman (CF) 207	507-535-3992	aharter@winona.edu
Dr. Carole Jenson	Associate Professor	Coffman (CF) 123	507-285-7341	cjenson@winona.edu
Dr. Kimberly Langer	Assistant Professor	Coffman (CF) 127	507-285-7168	klanger@winona.edu
Ann Loth	Adjunct Faculty	Coffman (CF) 130	507-285-7133	aloth@winona.edu
Gayle Olsen	Professor, Adjunct Faculty	Coffman (CF) 130	507-285-7133	golsen@winona.edu
Dr. Sandra Paddock	Associate Professor	Coffman (CF) 128	507-285-7208	spaddock@winona.edu
Dr. Julie Ponto	Professor	Coffman (CF) 125	507-285-7135	jponto@winona.edu
Dr. Jenny Prochnow	Assistant Professor	Coffman (CF) 132	507-285-7185	jprochnow@winona.edu
Dr. Lisa Schnepfer	Professor	Coffman (CF) 131	507-285-7478	lschnepfer@winona.edu
Elizabeth Schossow	Adjunct Professor	Coffman (CF) 207	507-535-3992	eschossow@winona.edu
Jami Starling	Assistant Professor	Coffman (CF) 126	507-280-5565	jstarling@winona.edu
Dr. David Steele	Assistant Professor	Coffman (CF) 207	507-536-5672	dsteale@winona.edu
Dr. Mieca Valen	Professor	Coffman (CF) 124	507-282-7588	mvalen@winona.edu

**Thank you to the following contributors to this month's newsletter:**

**Dr. Sonja J. Meiers, Dr. Jane Foote, Dr. Julie Ponto, Jami Starling, Dr. Sandra Paddock, Misun Bormann, Dr. Lisa Schnepfer, Brian Waldbillig, and Sarah Persinger.**